



**Alberta Lacrosse Association – Update**  
**December 15, 2020**  
**RE: COVID-19**

Dear Members,

To our great disappointment but not our surprise, the Alberta Government extended and enhanced COVID-19 lockdown measures throughout the province until January 12, 2021. The lockdown measures continue to include all ALA sanctioned events. Although most believe these restrictions are for the benefit of all in Alberta, they nevertheless create a very challenging operating environment for sports.

To help foster a positive outlook for all our athletes, we encourage all managers and coaches at all levels to engage with your players however you are able. Perhaps this means setting up team chats through WhatsApp or SnapChat, or video calls through Zoom or Group FaceTime and utilizing such communication tools to talk about things like at-home training, backyard lacrosse, or dare we say, even basement lacrosse (with tennis or ping-pong balls of course – a great ball-handling development skill). We would love to see how you're keeping your athletes engaged through your social media channels.

We also have in-depth and ever-growing video resources for players and coaches to access at AlbertaLacrosseTV (<https://www.albertalacrossetv.com/en/>). You could have your athletes review the content and come back to you with one drill each (or drill modification) that they would like to try when back on the floor.

Our Alberta lacrosse community looks forward to the New Year when we can gather and play the great game that has given us so much and means so much to us all, but until then, as Findley Wilson (CLA Indigenous Director) stated, “hold your stick even if you are not able to play.”

And remember:

*The entire affair of Lacrosse symbolizes a spiritual ritual to honor, heal, and celebrate individuals and communities. For this reason, lacrosse is often referred to as the Medicine Game.*

Lastly, with the daily and sometimes hourly changes related to the virus, we recommend you check the below government links daily.

- Update on COVID-19 in Alberta: <https://bit.ly/2LBGIbf>
- Government of Canada Coronavirus Disease: <https://bit.ly/3a9e71B>

If you require further clarification please contact the ALA at [info@albertalacrosse.com](mailto:info@albertalacrosse.com).

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